



# Washington Massage News

Affiliated with American Massage & Therapy Association

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MARCH ISSUE

John Murray, Editor

Port Townsend, Washington

## WASHINGTON STATE PRESIDENTS MESSAGE

In the past few weeks, I have often thought of my official position, as your Washington State President of the Washington Massage Therapy Association.

Due to circumstances beyond my control, that have come to pass, since I accepted this office, I feel that I have let the membership down, to some extent. I especially regret not being able to attend all of the Seattle Chapter meetings. Our Seattle chapter president, Arthur Dunbar, has tried so hard to revive the lagging interest in attendance. I am sorry that I have been among the absent more times than those present.

The past two or three issues have been not the Huntley Brinkley News cast, but the Guntley Murray Newscast, for the Washington Massage News. Our editor has expressed his wish to turn the duties of editor of Washington Message News over to someone who may be able to do a better job. I think John Murray has done a wonderful job, with the little cooperation he has had from the members.

Providing no one will take the responsibility of handling the Massage News, I have talked to our editor the possibility of giving up the Massage News, sell our equipment, put that money that we budget for the paper in our legislative fund. But I do hope someone will take the responsibility.

Personally I hate to see the paper discarded. I have always looked forward to it and have enjoyed reading it, also writing for it, in the hope that I may contribute something of value to someone, sometime.

Faternally,

Blossom Guntley, R.M.T.

Washington State President

## SEEKING HAPPINESS

There was a great Belgian writer who symbolized happiness as a blue bird. He caused a seeker to go the world over searching for it, only to return home worn and tired to find the blue bird in his own garden.

There is a strange and fatal tendency for we humans to believe the grass is greener on the other side of the fence, that happiness is afar off place.

(cont.)

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The fact is that happiness is not a place, it is a matter of environment; it is not a matter that has to do at all with other people. It is a condition of the mind, it is within ourselves.

Let us ask ourselves, "Are we looking to things about us or to other personalities for our happiness?" If we are, happiness will ever elude us.

If we look to persons instead of principles, we are sure to be disappointed sooner or later, for happiness can come only from attitude and principles within ourselves.

If wealth, money, automobiles, mansions, yachts, were the conditions of happiness, the people who have these should be the happiest people in the world, "We know they are not."

As far as our happiness is concerned, we are the bringers of light, the messengers of joy, the collectors of smiles, the speakers of the word and happiness. If we cannot within ourselves create these things for ourselves, no power on earth, can do it for us.

Happiness is not without, but within, so be it.

Fraternally,

Stewart T. Piper, R.M.T.

This fine article came unsolicited from our good member, who planned a few months ago, of withdrawing from the W.M.T.A., to attend college a few more years.

Stewart has decided to reinstate with our Association and has become affiliated in a supervisory capacity, and massage therapist with the Y.M.C.A., in Everett, Washington. He writes that he has a fine set up, everything that the average massage therapist dreams of but seldom has. Conditioning room, tiled steam room, thermostatic and humidstatic controlled, a good sun lamp room, air conditioned massage room and nice slumber room with cots.

He writes that he hopes to attend State and local meetings in the future, that it is his obligation to the chapter and the science of massage, to put forth more effort and give as well as receive. If we will all do just a little, what a lot we all could do.

I wish more of our members would feel the same way and make the extra effort to do it.

Thoroughly steeped in ethics, a physician always insisted on the presence of a third party in the room whenever he examined a female patient.

Near the close of a busy afternoon, he wearily motioned a couple into the examining room. The woman complained of pains in her lower abdomen, and submitted to an examination reluctantly, the man looked on with unfeigned interest.

When he had finished the Doctor prescribed some medicine, the woman jumped up from the table, dressed hurriedly and ran out of the room.

"Your wife is certainly lively" commented the Doctor "She'll be alright in a few days." "My wife?" said the man, "I never saw her before, Doc. I was wondering why you called me in here with you."

The small daughter of a famous surgeon always introduced herself when asked her identity as "Dr. Baker's daughter." Her mother decided to correct her firmly about it on the grounds that it sounded too snobbish. "After this," said the mother, "just refer to yourself as Mary Baker."

Several days later a colleague of the physician leaned over and asked, "Aren't you Doctor Baker's little girl?" "I always thought I was," answered the little girl, "but mother says I am not."

From Coronet Magazine

As we are going to press this fine article was received from our good member and sincere writer.

Editor

The few remarks I am about to make are directed at all in our profession whether or not he or she is a member of the association. The A.M.T.A. may appear to be at a standstill, but there is no such thing as a standstill for we either progress or retrogress. There is no intermediate point.

#### Progress or Retrogression

Human experience and the study of nature teaches us that there is no "standstill" principle of life or living, either as individuals or groups, as clubs, associations or organizations.

The law is GO FORWARD or we will go back -- advance or retrograde. Everything animate in the universe moves or dies.

Where are we as the members of the A.M.T.A. going with our association?

It is true that the heart stops between each beat; that the very blades of grass grow in spurts, resting briefly between each cycle; but these very phenomena are merely for the advancement of progress of the heart-beat or the growth of grass. The rest is but an important part of the complete and progressing cycle.

As an association or club we too may require a rest period but only to its importance in the overall progress -- getting our "second wind" before the next onward surge is our need.

Among all of us, men or women, singly, or collectively as clubs, associations etc., the disaster of indolence and laziness is not mere standing still; it is a retrograde movement. The penalty of such indolence is a weakening of our natural talents, natural aptitude decay, and the weakening and dissolution of our associations or clubs. We victims of indolence are always the last to recognize our own decline, and when we do recognize it, determination, discipline and courage may be put to a severe test, so severe that the mere "hangars on" will fall to the side and be lost.

There should be no "retirement" from the arena of life, no matter how large or how small our individual parts, for a little doing by each of us can and usually does result in a lot done for all of us. There should be no "retirement age" in human affairs. The law is growth of mind and body and in turn the fulfillment of this results in the growth and strength of our clubs, associations, communities, cities and so on to the progress of the entire society in which we live. The only perpetual motion is perpetual change and progress or retrograde movement.

The immutable law that all that is human will retrograde if it does not advance applies to our very society and all its facets from the smallest club to the greatest association regardless of name.

Take heed, members of our profession. Let us not become lost in the quagmire of our very indolence. We must all do our little to help in order that we may be strong and survive.

Fraternally,

Stewart T. Piper, R.M.T.

P.S. As for myself, I am happy at the Y.M.C.A. My associates throughout the organization are a wonderful group. I am in an atmosphere of warmth, kindness, friendliness and courtesy. I look forward to coming to work.

While our program is quite young in my particular department, I

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feel that we have a great potential. So much so that I am postponing my departure to Iowa for awhile. A move would be to my financial betterment, but I would first like to see this program gain and flourish.

For the present I am staying here, so I shall see you at the local A.M.T.A. meeting March 5th in Seattle

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At this issue of the Washington Massage News, the legislative committee has nothing definite to report on what has taken place in regard to House Bill No. 16, known as the physical therapy regulatory bill.

Arthur Dunbar, chairman of the legislative committee, spent Washington's birthday, here in Port Townsend. He was in communication by long distance phone, on three different calls, from our representative in Olympia, in regard to House Bill No. 16, as the bill was under discussion at that time. This will be one of the amendments to that bill, as discussed by phone.

"This chapter does not prohibit any person from engaging in the practice of Swedish or Scientific Massage or any other similar manipulative art, for which no state license is required."

So far the developments look favorable, and we have been assured, we have nothing to worry about, but as you all know, politics are very fickle, and subject to many influences, particularly votes and money. So till the smoke of the bottle has cleared away, we will not know for sure who is victorious.

Ed

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Make it your duty to attend meeting March 5, at the home of Regina Williams, 5514 Brooklyn Avenue, one block off University Way, Seattle.